

HEALTH PROFILE FORM

(Undergraduate Students)

Under the relevant regulation No. 1(iii) Candidate has to produce Health Profile Form, at the time of first enrolment, from the Registered Medical professional (RMP)/University Resident Medical Officer to the effect that s/he is free from any communicable (contagious) disease or mental or physical disability which is likely to stand in the way of his/her pursuing chosen field of study.

| Part-A Basic Medical History (To be filled by the Student) | | | |
|--|--|-----------------|---|
| Bio-Data | | | |
| Name of Student: | | S/D/W/O: | |
| Age: | | Gender: | |
| UAF Regd. No.: | | CNIC #: | |
| Contact No.: | | Email ID: | |
| Blood Group: | | Parent Contact: | |
| Faculty: | | Department: | |
| Degree: | | | |
| Residential Address: | | | |
| | | | |
| Part-B, History (To be filled by the Student and verified by recognized Medical professional (RMP)) | | | |
| i. | Family History of any medical or psychiatric mental illness | | |
| ii. | History of substance abuse in family | | |
| iii. | Decreased appetite and loss of weight | | |
| iv. | Significant past disease/ illness, surgery, including complications trauma (if any) | | |
| v. | Smoking, alcohol or recreational drugs | | |
| Part-C: General physical Examination (to be filled by the paramedical staff) | | | |
| i. | Overall general physical health on appearance | | |
| ii. | Height | | iii. Weight |
| iv. | Blood pressure | | v. Temperature |
| vi. | Pulse Rate | | vii. Respiratory Rate |
| viii. | Any obvious structural abnormality on inspection | | ix. Any superficial cuts, needle marks or burn mark on skin |
| Part-D: General mental Health (to be filled by psychiatric) | | | |
| 1 | General appearance and behaviour specially cell care rapport building understanding of situation and response to the questions and instructions. | | |

Senior Medical Officer UAF

Recognized Medical Professional

Psychiatrist

| | | |
|---|--|--|
| 2. | General Mental Health (to be filled and authenticated by concerned institution) | |
| i. | The following information is required for general Mental Health | |
| ii. | Past psychiatric history, if any | |
| iii. | A decline in academic performance | |
| iv. | Manifestation of risky behaviour e.g. increased frequency of vehicle accidents, frequent school light, keeping some weapon like knife etc. | |
| v. | Habit of running away bunking routine classes | |
| vi. | History of stealing, late coming in classed, involvement in sexual activities | |
| vii. | Keeping bad company/friends with habits of bullying using drugs or fights | |
| viii. | Decline in other activities of interest/hobbies | |
| ix. | Abrupt change in daily routine | |
| x. | Disbursed sleep-wake cycle/habit of dozing in the classes | |
| xi. | Social media post//other pointers of interest towards substance/drug use e.g. tattoos, stickers on vehicle/books and walls of room etc. | |
| xii. | Increased frequency of mood swings or increased irritability | |
| xiii. | Lack of physical energy and motivation. Easy fatigability | |
| xiv. | Decline in self-care | |
| xv. | Unusual suspiciousness or any other unusual/unexplainable behaviours | |
| xvi. | Unusual protective behaviours/being over-secretive behaviour regarding personal belongings | |
| xvii. | Evidence of keeping of cigarettes/other objects of use, employed in taking drugs, inside his/her personal belongings. | |
| Part-E (Is applicable in case of positive initial Risk Assessment) | | |
| i. | Structured/ Formal Psychological Assessment: Proceed to this or referral for this only if there is increased in risk of substance use suspected on the basis of above mentioned general health profile | |
| ii. | Urine drug screening Test: Employ this for confirmation if formal psychological assessment confirms the suspicion of substance use found in screening by general health profiling. Test facilities through government health facilitated labs or private labs registered with Punjab health care commission. Lis of registered labs is available at www.phc.org.pk . | |

(Academic Council 04-12-2020)